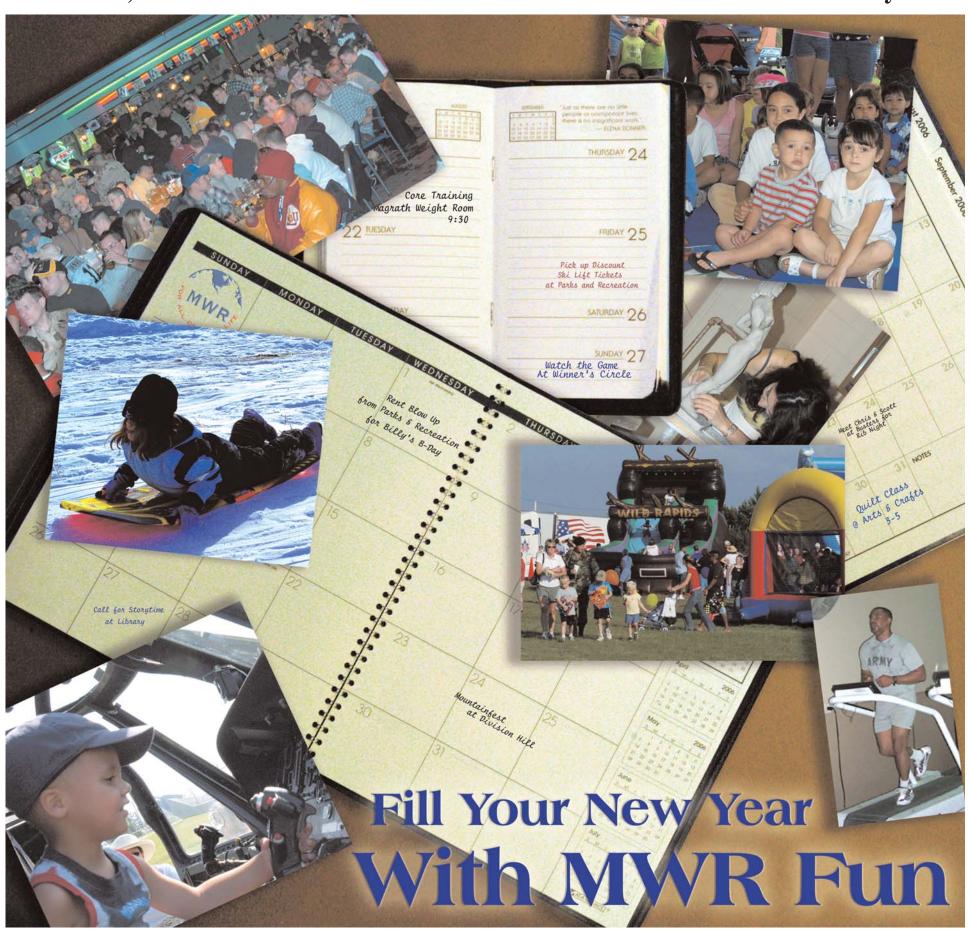


Volume 20, Issue 1 January 2006



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# On our Cover by Holly Moore



The New Year has arrived and with it the promise of a fresh start. It's the beginning of nature's cycle reminding us all that we can change, giving us a chance to do things differently and make our lives better. Start this year off right with a fresh outlook on the upcoming year. Don't be afraid of change, more often than not change spurs new and exciting things.

The days are slowly growing longer but not fast enough. January and February are months where people need to get out as much as possible to avoid what's known as "Cabin Fever". Until the weather breaks and the days are longer it is easy to want to stay inside. In

doing so people often experience a form of depression that's caused by a lack of sunshine and fresh air. The key is to get outside as much as possible. Make plans to get out for some fun and exercise. MWR has many activities planned for January to help combat the winter blues.

Experienced skiers & snowboarders will find some of the finest slopes in the country nearby. Parks and Recreation offers discounted tickets and free ski days to a number of the top slopes. The local ski area, Dry Hill, offers the Fort Drum Community an opportunity to ski with a free lift pass on Friday, January 6 from noon till 5 p.m. Active duty military, their family members, and DoD

employees may show their ID card at the pass window to receive a free lift pass. Parks & Recreation will help you out with equipment for just \$6 for the day. It is recommended that you reserve your ski or snow-board package early to avoid long lines at the check-out counter. Tubing is also available at Dry Hill Ski Day for an additional fee.

Every Tuesday meet at Parks & Recreation for cross country skiing for \$7. This fee includes equipment and a hot lunch. The P & R Staff will fit you for rental skis, give you a lesson, and guide you through the trails on the North side of post. These sports offer a great cardiovascular workout while offering the opportunity to enjoy the beautiful North Country covered in a blanket of snow. (See details on page 9 for all of Parks and Recreations winter activities).

When the weather is too severe to be outside there are many activities going on in the Arts and Crafts building. Classes are being offered for Pottery, Sewing, Quilting, Woodworking, Stained Glass and Jewelry to help fill the many hours spent indoors. Details on these classes and others may be found on page 7.The Pine Plains Satellite Gym is also located in the Arts& Crafts building for that much needed exercise during the winter months.

The North Country offers a number of winter activities to keep you busy. Whether you are an experienced downhill skier or it just looks like something you would like to try, this is the time and the place for you.

## **ARMY COMMUNITY SERVICE**

Family Readiness Center, Bldg. P-4330 Clark Hall, Bldg. P-10720

772-6557 772-1806

#### SPANISH AFTB LEVEL I (2 day class )Enero 18-19, 2006

Fuerzas Armadas – Equipo de Reedificacion de la Familia AFTB Nivel I ABC – 123 E L Ejercito y yo! 0900-1600 ACS Edificio P-4330

## Family Advocacy

#### **New Parent Support Program**

The NPSP offers free professional supportive services to expectant military families and families with children from birth to 3 years of age. Learn to cope with stress, isolation, deployment situations, and everyday demands of parenthood. For more information call 772-0748.

#### **Stress & Anger Management**

Develop skills and strategies to help you manage stress and regain control over emotions. For more information call 772-2279. Family members and DOD Civilians are welcome.

#### **Stress Management**

Jan 31 . . . . . . . . . 9:30am - 3:00pm

#### **Financial Readiness**

Now that the holiday season is over, its time to get back on track. Start planning now or call for an appointment to talk to a counselor. Call 772-6894 for more information.

#### **Budgeting Classes:**

#### The Army Sexual Assault Prevention and Response Program

This program offers training, briefings, and talks in the areas of prevention, awareness, and response including information on local, state, and national resources. Call 772-5914 or 772-5605 to arrange a time and place for our organization or group.

## **Exceptional Family Member Program**

Information on the services available within the Fort Drum and Tri-County areas of Northern New York is provided to families. Contact the EFMP Manager to ensure you have access to all the services your family requires. Call 772-5476.

#### **Army Volunteer Corps**

The Army Volunteer Corps of Fort Drum provides opportunities in many areas of our community. Join the Corps by calling 772-2899.

#### **Community Life**

#### **Mayor Program**

If you are outgoing, creative and want to make a difference, pick up an application at the ACS building. Benefits as a mayor include: childcare while volunteering, RecTrac card, PX parking spot, and pride in the community. Call 772-0509 or 772-0664 for more information.

#### **Operation READY**

Operation Ready provides tools for training and preparing Soldiers and families for future deployments and reunions. Volunteers bring classes to your unit or Family Readiness Group. For information call 772-0470.

#### **Key Caller Training**

Jan 18 ........2 - 3 pm & 5 - 6 pm

#### **Employment Readiness**

ERP offers weekly listings of employment and volunteer opportunities, personal development seminars and workshops, individual counseling sessions, and job skills training. Call 772-9611 for reservation.

#### **Federal Employment Workshop**

Jan 12 . . . . . . . . . . . . . 1 - 3 pm Interviewing Skills

Jan 19 . . . . . . . . . . . . . . . . . 1 - 3 pm

**Spouse Employment Briefing** 

Jan 6, 20 & 27 . . . . . . . . 9:30 - 11 am

Resume Writing

Jan 10 .....1 - 3 pm

#### **Army Family Team Building**

Army Family Team Building courses are targeted toward family members new to the Army or anyone interested in updating personal or basic knowledge of the military. Please call the AFTB office at 772-9229/6710 for more information. Childcare is available when children are registered with CDS and by making advanced class registration.

#### AFTB LEVEL I (2 day class )

# Military One Source

Military One Source provides useful information and resources to help individuals balance work and family life.

Consultants are available 24/7 at 1-800-342-9647

Or <u>www.militaryonesource.com</u>
User ID: military/Password: onesource

#### **Army Emergency Relief Scholarships Available**

Army Emergency Relief (AER) will be conducting the MG James Ursano Scholarship Fund Campaign from 1 December 2005 through February 2006. The goal of this campaign is to assist Army families with the costs of post secondary training. Scholarships are for the 2006-2007 academic year. Scholarships are rewarded on an annual basis for up to a maximum of four years of undergraduate study.

Applications are available at www.aerhq.org. Information on the scholarship can be directed to Fort Drum AER Office at (315)772-6560/6555.



#### Army Emergency Relief Program

Army Emergency Relief (AER) is dedicated to

assisting service members, retires, survivors and their families with emergency financial assistance. AER can help with emergency travel, prevention of eviction, first month's rent and security deposit, emergency food needs, auto repair, and emergency medical and dental expenses. The program provides interest free loans and grants to members of the military community with valid emergency needs. For information call 772-6560/6555.

### **Relocation Readiness**

#### Newcomers Orientation for Spouses & Family Medical In-processing

Newcomers Orientation is where Spouses can receive valuable information on MWR programs, organizations, volunteer opportunities, employment information and more! Bring family medical records. Call 772-6902 for information.

Jan 9 & 23 .....1 - 3 pm

#### **Welcome Tour**

ACS welcomes all newcomers for a Fort Drum/Watertown tour. Departs from the Fort Drum Inn. Call 772-6556 for reservations.

Jan 10 & 24 . . . . . . . . 9:30 am - 2:30 pm

#### **Overseas Orientation Briefing**

This is a mandatory briefing for Soldiers PCS-ing to an overseas assignment As soon as your receive notification of your overseas assignment, call to schedule your orientation at 772-6902.

Jan 19 . . . . . . . . . . 9:30 - 11:30 am

#### **Loan Closet**

Borrow anything you may need from kitchenware to sleeping mats while you are in transition. Located at ACS, P-4330 on Conway Road. Call 772-6557 for information.

#### Reentry Assistance

This Program assists with the issues related to transition back into life in the United States. Reentry assistance helps ease difficulty with cultural differences. Call Relocation Readiness Program at 772-6902.

#### **Immigration Assistance**

Available by appointment for spouses and children of active duty service members, retiree's, and DA Civilians. Review assistance and forms necessary to establish permanent residence and apply for citizenship. Call 772-6902 to schedule appointments.

#### **Questions about the Immigration Process?**

Call "Ask Immigration" at 1-800-375-5283. Need an INS Form? Call 1-800-870-3676 or go online http://www.uscis.gov

#### Sites

If you have just received PCS orders call the ACS Relocation Readiness Program at 772-6902, Clark Hall P10720 to request a SITES printout for your next duty station. Available online at https://www.dmdc.osd.mil/sites

# Army Career & Alumni Program Clark Hall: Bldg. P-10720 772-3434

Mandatory ACAP Pre-separation briefings are held daily except for Wednesday. Pre-register for all workshops, briefings and seminars by calling 772-3434/3286.

#### **Seminars and Workshops**

#### **TAP-ACAP Job Assistance Workshops**

For Soldiers and Family Members. Classes are held 9 am - 4 pm.

Jan 4-6, 9-11, 18-20, 23-25, 30-31

#### **Advanced Resume Prep Seminar**

Participants must have completed the TAP-ACAP Job Assistance Workshop.

## NYS Bureau of Veterans Education Briefing

Briefing on GI Bill which is applicable for all 50 states.

Advanced Interviewing Seminar\*

Jan 27 . . . . . . . . . . . . . . . . . 1 - 4 pm

**Fort Drum Sports** 

Health

Management Program

From The Staff at Magrath Sports Complex

and your Fort Drum MWR

**SPORTS** 

All Sports are open to active duty military

assigned/attached to Fort Drum, family

members and DOD civilians 19 years &

older. Please call 772-6661 for information

2006 Winter Racquetball Tournament

Tournament will be at the Magrath

Sports Complex. Competition is open to

both male and female participants. Sign-

up at the Sports Office, Bldg. P-10050

Tournament will be at the Magrath

Sports Complex. Rosters are due to the

Sports Office, Bldg. P-10050 NLT COB

Rosters are due to the Sports Office,

**Indoor Flag Football Tournament** 

Bldg. P-10050 NLT COB January 18.

**Post Basketball Championships** 

2006 Martin Luther King Basketball

and roster deadlines.

NLT COB January 4.

January 11.

January 28-29

Get Individual fitness, lifestyle, and nutritional

exercise and

assessments with this new program. Receive a personal

nutrition program report. For an appointment or

more information call 772-4584.

## Sports & Fitness Magrath: Bldg. P-10050 772-9674 PFC: Bldg. P-4305 772-4936

(see page 11 for hours of operation)

#### **FITNESS**

#### **Conditioning Center Instruction**

Offered on a first come - first served basis, with every piece of equipment in the Magrath Conditioning Center covered in the monthly class rotation.

Contact 772-9672/4584 for details.

Tuesdays	9:00 am
Jan 3	Stretching
Jan 10	Exercise Balls
Jan 17	Cardio Instruction
Jan 24	Core Training
Jan 31	Free Weights

#### **Weight Instruction Class**

Learn to properly use all of the weight training equipment at Magrath Gym. Focus changes weekly. 772-4584.

Tuesdays . . . . . . . . . . . . . . . . . . 9:30 am

#### Fitness Programs:

The Magrath Sports Complex offers programs to track individual progress as you train. The 300 Club (bench press); Swim for Life; Run for your Life

#### **Fitness Instruction**

Includes equipment skill qualification, free weights, cardiorespiratory equipment, body composition, exercise prescription and programming. For more information or an appointment call Magrath Gym at 772-4584.

#### **Health Management Program**

Get individual fitness, lifestyle, and nutritional assessments with this program. For an appointment or more information call Magrath, 772-4584.

Strength - Cardio Report \$10
Fitness Assessment\$10
Nutrition Assessment\$10
Body Composition Report\$5
Full Assessment \$25

#### **SWIMMING**

#### **Progressive Levels of Swimming Youth Swim Lessons**

#### **Adult Swim Lessons at Magrath**

By Appointment Only

#### **Military Swim Lessons (FREE)**

Active Duty Soldier swim lessons. By Appointment Only. 772-9673 Mon - Fri . . . . . . . . . . . . . . . . . 9 am - 3 pm

#### Lifeguarding

Preparation and training for certification

## **Pretest at Magrath**

Jan 6 . . . . . . . . . . . 8:30 - 11:30 am Lifeguard/CPR/First Aid Classes

## Jan 9-21 at Magrath . . . . . 8:30 - 11:30 am

**Water Exercise** 

#### Cost is \$30 for 10 classes or \$25 with RecTrac! Card.

Mon & Wed . . . . . . . . . . 6:30 - 7:30 pm

#### **Magrath Pool Hours**

#### PT Lap Swim

Mon - Fri . . . . . . . . . . . . . 6 - 7 am Open Swim

Mon - Fri . . . . . . . . . . . . . . . . . 3 - 9:30 pm Sat & Sun . . . . . . . . . . . . 9 am - 8 pm

#### **Physical Therapy**

## **Military PT Swim**

#### Military Training by Appt.

Mon - Fri ...........8:30 am - 3 pm

**Bowling Center** Bldg, P-4320 772-6601

ne Plains Satellite Gym

Bldg P-4325 (Arts & Crafts Bldg.)

Hours of Operation: Mon - Sat, 9 am - 5 pm

**Throughout PFC renovations** 

**Spouses of Deployed Soldiers utilizing FRG Childcare Facility** 

have priority at the Satellite Gym

All other ID Card Holders are encouraged to use Magrath Gym

Call 772-4806 for more information

#### **Bowling Center Features**

Fort Drum's 24-lane bowling center features automated, computerized scorekeeping consoles and overhead scoring monitors. Handicap access lanes and bumper bowl lanes are available. The center contains a unique snack bar/smoke house eatery - Lil' Skeeters BBQ, a video arcade, and a billiards

#### **Birthday Parties**

Celebrate your birthday at the Bowling Center! We will work to create the perfect package to make your birthday special, fun, and easy! See our Bowling Specials for details and pricing. Call 772-6601 for reservations.

#### **Bumper Bowling**

Our young customers will love our bumper bowling system, the Brunswick

Ball Wall, the Cadillac of bumper bowling systems. Bumper Bowling is available on 12 lanes during open bowling times. Maximum of six children per lane. Cost varies with daily programming. Availability on 12 lanes.

### **RecTrac Discount**

RecTrac! Gold Card members will receive a 10% discount on lane fees. Present card at time of payment.

#### **Hours Of Operation**

_
Monday
Tuesday
Wednesday11 am - 11 pm
Thursday
Friday 11 am - Midnight
Saturday 2 pm - Midnight
Sunday Noon - 10 pm

#### **Bowl-A-Lunch**

Spend your lunch at the Pine Plains Bowling Center! Purchase your lunch at Lil' Skeeter's Snack Bar and receive one free game, shoe rental not included Bowling must be used on the same day before 3 p.m.

**Hourly Bowling Special** 

## All you can bowl in one hour for just \$6

plus shoe rental. 772-6601

Weekdays ......11 am - 3 pm All-You-Can-Bowl Special

## This spectacular special won't be beat.

Unlimited bowling for one low price. Wednesdays 8 - 11 pm

Cost ....\$9 per person including shoes

## **Family Bowling Special**

Bring the whole family to enjoy a few games of bowling at a great price. Bowling Shoe rental is extra.

Cost\$1.85 per game for adults + shoes, \$1.40 for children 12 and under + shoes No Open Bowling Fridays 5 - 9 pm

Due to leagues open bowling on Fridays

will be 11 am -5 pm and 9:30 pm - mid-

## **BOWLING SPECIALS** YABA - Fort Drum s Youth Bowling

Children from 3 - 21 are invited to join the youth Bowling League. The league meets every Saturday morning.

Saturdays . . . . . . . . . . . . . . . . 9:30 am -1 pm Cost . .\$ 1.50 per game includes shoes Pay-as-you-Play Cosmic Bowling

This event is very popular so come early! On Saturdays nights, we turn down the lights and turn up the music for out-ofthis-world fun.

Cost .....Adults \$3 per game + shoes

Children 12 and under \$2.25 + shoes

## All-You-C an-Bowl Sunday

Enjoy three hours of bowling for a great price - just \$9 per person includes shoes! 

#### **Birthday Packages**

Great packages sure to fit your needs.

#### Package #1

Includes 1 hour of bowling, shoes, and choice of a meal from the "Junior 

#### Package #2

Just bowling & shoes for up to 6 children per lane. (Food is not included in this option). .........\$9 per lane, per hour

# The Commons Bldg. P-4350 772-6222

#### **Catering**

The Commons offers a variety of facility spaces to meet your event needs. The Commons has just what you need. Facilities include small and large ballroom spaces, conference rooms, and two lakeside lodges. Catering is available for all locations. Appointments to tour the facilities are available. 772-6222.

#### **Weekly Events**

#### Winner s Circle Lunch Buffet

Check out the lunch buffet at the Commons. In addition to the Pizza & Pasta Buffet, you will find many homestyle cooking favorites to choose from.

Weekdays ......11 am - 1 pm

#### **Monday Night Football**

Come watch your favorite teams play on one of the Winner's Circle's numerous TVs.

#### **Tuesday Family Night**

Enjoy an evening out with the kids in the Winner's Circle. Each week theres a spe-

cial fun activity planned for the children to enjoy. The Pizza & Pasta Buffet will be full of great food for all to enjoy. \$6 per person; Children under 8 yrs. \$3. Join us 5 - 7:30 pm

#### Wednesday Rib Night Special

Start your evening out right with the mouth-watering 'Rack of Ribs Special' in Buster's Brew Pub. Entertainment by Les Gates. Please call 772-6222 for more information. Join us 5 - 9 pm.

#### Thursday Spouse's Night

Military Spouses are special at the Commons. Plan to meet your friends in Buster's for Spouse's Night. Enjoy one of the Comfort Food specials from Buster's menu, and leave room for dessert, because dessert is on the house with the purchase

of any meal.Entertainment by Les Gates. After dinner, come on into the Winner's Circle to enjoy a great movie on the wall-sized TV. Call 772-6222 for more information.

#### Friday s At Ease!

Everyone needs a little down time. After a week of hard work you deserve to join friends, unwind, and ready yourself for the weekend. At Ease! offers free snacks and drink specials from 4 - 7 pm in The Winners Circle. Call 772-6222 For more Information.

#### Friday Night Steak Special

Fridays from 5 - 9 pm at Buster's Brew Pub you will enjoy a steak cooked to order, with Baked Potato, and Vegetable. Buster's also has freshly made brews and tempting desserts. Cost: \$12.95 and up. 772-6222.

#### **Buster s Saturday Prime Rib Night**

Saturday's special is a 12 oz. slice of tender Prime Rib served with a dinner salad, potato, and the vegetable du jour for just \$9.95. Dinner is served from 5 - 9 pm. Reservations requested for groups of 8 or more. 772-1900

#### **Sunday Ticket Football**

Come watch your favorite teams play into the Post-Season on one of the Winner's Circle's 16 TV's. Games start at noon.

#### **Special Events**

#### **WWE Pay-Per-View**

The Winner's Circle has all of the excitement of viewing WWE Pay-Per-View on the BIG SCREEN! Admission \$3. Live pre show 7:30 pm

Jan 8 . . . . . . New Years Revolution
Jan 29 . . . . . . . . . . . . Royal Rumble

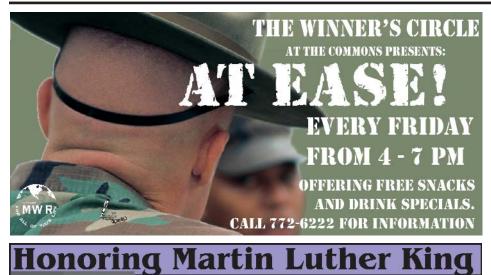
#### **Martin Luther King Lunch Buffet**

The Winner's Circle is having a special buffet in honor of Martin Luther King of Fried Chicken, Catfish, Mashed Potators with Gravy, Macaroni and Cheese, Collard Greens, Cornbread and Peach Cobbler. \$6.95 including drink.

Jan 11 ......11am - 1:30 pm

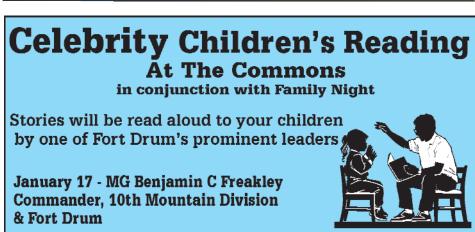
#### **Fantasy Football**

Come into the Commons and play the new Fantasy Football machine for a chance to win \$10,000 and many other great prizes. Pick your own team players and see how they do against other hand picked teams.









## **Arts & Crafts** P- 4325, Conway Road

772-5606

#### **Arts & Crafts**

Arts & Crafts offers sublimation printing for plaques, cups, t-shirts, mouse pads, coasters and other great gift ideas. Stop in to see samples on display. Laser engraving is available with several type setting and metal choices.

#### **Arts & Crafts Studios**

Studios are open for your use on a walkin basis with no charge to RecTrac! Card holders. Patrons without RecTrac! Cards are charged a \$1 per hour/\$4 per day. Qualification classes are required in woodworking, framing, stained glass and ceramics. Staff is available to help out once you have been certified.

Please remember due to safety regulations no children under the age of 12 are allowed to sign up for classes. To work in the woodshop children must be 16 years of age and accompanied by a parent or guardian.

#### Retail Store/Craft Cabin

The Craft Cabin offers a wide variety of handcrafted gifts for sale. Volunteers and new crafters are always needed. If you are looking to making a little extra money call 772-2684 during operation hours.

The Retail store has the supplies you need to work with in the studios.

The Retail Store will be closed Jan 29 for inventory. Studios will remain open.

Wed - Thurs . . . . . . . . noon - 7:30 pm Fri - Sat . . . . . . . . . . . . . 10 am - 5 pm

#### WaySeekers Studio

For all your framing needs. 775-0207 Monday - Friday ..... 9 am - 5 pm. Classes

#### **Ceramics Qualification**

Attend one mold pouring class to get certified. We show you how to get started and supply all materials needed for this great hobby. Cost is \$ 4.95

Sundays .....1 - 4 pm

#### **Woodworking Orientation**

This one-session class is required to use the woodshop. The Production Room is closed during these qualification classes. There is a supply cost of \$5 for this class. We also offer router, biscuit joining and lathe classes arranged by appointment only.

Wednesdays .....1 - 3 pm Saturdays . . . . . . . . . . . . . . . . 10 am - Noon

#### **Beginning Pottery**

Create unique pieces of art on the wheel and by hand. This is a three-part class that will touch on all aspects of this revered craft. The cost of this class is \$29.95 which includes clay and use of tools.

Wednesdays .....noon - 2 pm **Pottery Wheel** 

This course on wheel-thrown pottery is geared toward beginning students who want to learn to make bowls and basic forms. The small class is set up for one on one instruction. \$19.95 or \$14.95 with RecTrac! Gold will get you started with clay and use of tools included.

#### **Pottery-Hand Building**

Learn basic hand building techniques using the extruder and slab roller in this two-part class. Students will make basic pieces and gain the skill and confidence to return and use the studio on their own. The cost is just \$19.95 or \$14.95 with the RecTrac! Gold card and includes clay and use of tools.

Jan 21 & 28 . . . . . . . . . Noon - 2 pm

#### **Basic Sewing**

You will make a great set of pajamas in this three part basic class. We cover how to read a pattern, thread and use a sewing machine. The cost is \$29.95 or \$24.95 with the RecTrac! Gold Card. You will receive a list of supplies needed when you sign up.

Jan 13, 20 & 27 .....11 am - 1 pm

#### **Basic Woodworking**

If you have taken the Woodshop Saftey and Orientaion class but are not sure where to go from there, check out this basic two part class. Our instructor will take the mystery out of building and finishing. A \$20\* class fee includes all the supplies needed.

Jan 4 & 18 ......5 - 7 pm

#### **Basic Jewelry**

We will teach you the fundamentals of beading your own jewelry sets. The \$20\* class fee includes supplies to make a bracelet and earing set.

#### Framing

Need to frame something? We can show you how the pros do it. The charge for this class is \$19.95 or \$14.95 with a RecTrac! Card plus materials used in class. All materials are available in our resale store.

Jan 11 & 12 ......5 - 7 pm Jan 25 & 26 ......12:30 - 2:30 pm Jan 7 or 21 ......noon - 4 pm

#### **Basic Stained Glass Class**

In this class you will learn the basics of the copper foiling technique, including: cutting glass, foiling and soldering. The project for this month will be a Patriotic sun catcher or your choice of basic patterns. All supplies will be included for the cost of \$19.95.

Jan 14 or 28 . . . . . . . . Noon - 4 pm

#### Fine Arts Classes

Please stop in to see the samples of what you can create by attending these classes, most are one time sessions for 2-3 hours.

Oil Painting, Batik. Watercolor, Painting, Tin Punch & Embossing, Mandalas, Drawing: Shade & Shadow, Perspective & Depth, With Oil Pastels

For class fees or more information call 772-5606.

#### **Before You Begin Quilt Class**

Atart on the right path to quilting. Learn the basics: how to choose fbaric, thread, types of batting, use of a rotary cutter and mat and create a block to take home. Class fee is \$15.

Jan 18 ......5:15 - 7 pm

#### "Flying Home" Quilt Class

Create the traditional Flying Geese pattern with the easy Eleanor Burns method. Buy the sky fabric and use your stash for a patchwork flock of geese of create the geese for a specific room or person. \$35 class fee. Don't forget a 4"x8" Geese Ruler, available at the Arts & Crafts Center.

Jan 21 . . . . . . . . . . . . . . . . . 9 am - 5 pm

Please excuse the mess we are experiencing due to the renovations being made to the facility.

#### Please Remember:

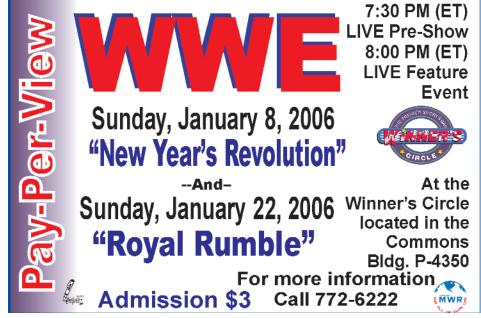
Arts And Crafts hours remain the same throughout the Pine Plains Physical Fitness Center renovations.

Friday - Sunday-

**Wednesday - Thursday----- Noon - 7:30 pm** -10 am - 5 pm



Information on unit deployment schedules, rear detachment operations, Piece of The Rock, and community support during deployment.



## Child & Youth Services

Registration:
Bldg. P-10785 772-8675
School Age Services:
Bldg. P-10745 772-7100
Chapel Drive CDC:
Bldg. P-10785C 772-8676

Memorial Drive Hourly Care:
Bldg. P-10745 772-7100
Youth Services
Bldg. P-10790 772-6719
Youth Sports
Bldg. P-10790 772-6718

Middle School Live - Jan 21, 4 - 10 pm, doors close at 5 pm

Don't miss this exciting drug and alcohol awareness program with speaker, amusement games, music, tournaments and refreshments.\$3-Mem/\$5-Non,

"Tips for Teens" - Thursdays, Jan 12 & 26

The focus of this workshop is to understand the challenges and recognize the needs children face during deployment and the reunion. It provides an overview of stress reactions typical in various youth age groups, along with tips that children, parents and caregivers can utilize to develop positive coping strategies during deployment

#### **Toddler - Preschool Indoor Playground**

Indoor playground features inflatable equipment such as The Castle Maze, Rescue Heros Playground and Playtona Speedway. This program is for Toddlers and Preschoolers only. No school aged children allowed in gym. Located at Youth Services Gym, P-10790. Open Monday - Friday 9 - 12 am.

#### **Quality Child Care**

#### **Central Registration**

Child and Youth Services (CYS) Central Enrollment Registry is now registering families for all CYS programs at Chapel Dr., Bldg. P-10785C. To register, bring your child's current shot record, last physical, Social Security Number, and proof of all family income (LES/Paystubs). Please bring payment in the form of a check or money order as cash is no longer accepted. For further information please contact 772-8675/0973.

#### **Family Child Care**

Family Child Care (FCC) offers parents flexible hours and a smaller group for your child in a family setting. All FCC providers are CPR and First Aid Certified and must complete the same training as the center staff. FCC homes are inspected by the Fort Drum Fire Department, Safety Office, Community Health Nursing and Preventive Medicine offices as well as the FCC office prior to opening and on a regular basis thereafter. To use FCC your

child must be registered with Child & Youth Services at Family Child Care. Bldg. T - 3 772-6713

#### **Volunteer Child Care in Unit Settings**

VCCUS training is being offered to allow free childcare services to be provided by family members for unit functions. Contact Central Registration Office at 772-9470

#### FCC has a CYS Home

If you have a mission related child care need that extends beyond the normal duty day we have a childcare solution for you. If your child is already enrolled in a full day program your extended hours care may be free. Please call 772-2250/6716 for information or scheduling.

#### **Hourly Care**

Hourly Care slots are available Monday - Friday from 6:30 am to 6 pm on a daily basis.

#### Free Deployed Care

Two-hours daily of free care is offered at the Family Readiness Center located in Bldg. P-4330 to spouses of deployed Soldiers using the facilities at Pine Plains Complex or the Commons only.

#### Part-day Preschool/ Toddler Classes

Part-day Preschool classes are available for ages two through five: 5 - day, 3-day,

#### **Youth Sports**

#### **Start Smart Programs**

Start Smart programs help develop coordination, sporting skills, and good sportsmanship. Program fees vary but include equipment for the child to keep.

#### **Registration continues for:**

Start Smart General Development (ages 3-5) Season runs Jan 7 - Feb 11

Parent participation program where children will learn basic skills in kicking, throwing, catching and batting.

#### **Registration continues for:**

Boys Mountaineer Basketball (Gr 5&6) Girls Mountaineer Basketball (Gr 5&6) Basketball Cheerleading (ages 9-13) Season runs Jan 4 - Mar. 31 2006. Skiing and Snowboarding (grades 1-12) Season begins Jan 4th and runs thru Feb. **Sports Activity Fee:** 

Basketball\$40 first child
\$36 additional child
Cheerleading/Gen. Development
\$30 first child
\$27 additional child
Skiing/Snowboardingvaries
Skiing/Snowboarding Transportation
$\dots$ \$40 - 8 yrs of age and up only
Volunteer Coaches are needed

#### **Volunteer Coaches are needed**

Sign up at Youth Services. Teens are welcome to volunteer to learn about coaching and officiating.

For information regarding youth sports contact the Sports Office at 772-6718.

and 2-day options are available. Contact Central Registration at 772-8675.

#### **Full-day Programs**

Full-day Programs are available for children from six weeks old to five years of age. Contact Central Registration at 772-8675 for more information.

#### Early School Dismissals & Closings

Special Hourly care is available for MS youth 12 and under during scheduled school closings, early dismissals, delays, and snow days. Hourly care will be provided at School Age Services from 6amnoon, at noon youth will be transported to YS for "open recreation" and there will be no charge after this time. The cost for care is \$2.50 per hour per child. Advanced reservations are required for scheduled days off and will be taken at SAS up until the day prior to the school closing. Please call 772-7100 to reserve care. A permission slip will need to be signed so youth can be transported to YS at noon.

#### **Home Schooled Youth Program**

Home Schooled, school-aged YS members are invited to participate in art and computer classes at YS. Parents must remain at YS during the class time. The indoor playground is open for younger siblings. Program follows the public school calendar.

Tues (Art)
Thurs (Computer) .10 - 11 am gr 1-4

#### **School Year Outreach Schedule**

Meet YS at your community center for crafts, games and activities. This program is for youth in 1st - 8th grades. High Schoolers are welcome to volunteer to gain valuable experience.

#### Tuesday

Philadelphia, Friendship Settlement 4:30 - 6:30 pm

#### Wednesday

Calcium, Woodcliff West 4:15 - 5:15 pm

Evans Mills, LeRay Heights 5:30 - 6:30 pm

#### Thursday

Gouverneur, Northwood Grove 3:30-5:30 pm

#### Friday

Watertown, Truscott Terrace 4:30 - 6:30 pm

#### Child and Youth Services Hours Youth Services, Bldg. P-10790

Elementary- (grades 1-5)

#### Middle School- (grades 6-8)

Monday - Friday ..... 2:30 - 7pm Saturday ..... noon - 7 pm Sunday ..... Closed

\*8th graders have HS hours except for special events

#### High School- (grades 9-12)

_	.0	•
Monday	y - Thursday	2:30 - 8 pm
Friday		2:30 - 10 pm
Saturda	y	noon - 10 pm
Sunday		Closed

#### Hours are subject to change!

A late fee of \$1 per minute per youth will be charged for late pick-ups.

#### **Special Hours**

YS Closed Jan 2, Jan 16 and Jan 21

#### **Up Coming Events**

Jan 27 ...... 8 pm - midnight Middle School Events (grades 6-8)

#### Smart Girls and Manhood Pajama Party

## (grades 6-12)

Intramural Bowling - Wednesdays

Pag by Jan 6

Reg. by Jan 6 Jan 11, 18, 25 ......3:30 - 5 pm

Friday the 13th Mystery Night

Jan 13 . . . . . . . . . . . . . . . . . 6 - 10 pm **Trip to Indian River Steel Magnolias**Jan 14 . . . . . . . . . . . . . . . . 6 - 10 pm

Register by Jan 9, \$4 M/\$9 NM

Youth Volunteer Recognition
Jan 18 . . . . . . . . . . . . . 4 pm

Character Counts Rally and Planning

Elementary Events (grades 1-5)
Monthly Birthday Party

Beach Volleyball

Every 2nd Sunday November 2005 March 20061-5pm

SUNDAY, 1-5 PM/



at the Pine Plains Bowling Center

Grades 6 - 12/Id Cardholder FREE / Civilian Guest - \$5 For info call Fort Drum Youth Services, 772-6719

# Parks and Recreation Bldg. P-11115 772-8222

#### **Unit Trips & Programs**

Parks & Recreation works with units to plan trips, outings, special events, and special PT programs. If you have the idea and the support from the unit, we will work a program with you! 772-6568.

#### **RV/Trailer/Camper Storage Lots**

Spaces may be available for storage, and rent for \$5 per month. Lots may be rented with a 6 month payment up front, or full payment if deployed. Information can be picked up during hours of operation. RecTrac Gold cardholders receive free storage, but MUST call at the beginning of each month to verify they would like to continue occupying the space. Call today to see if there is a lot available.

#### **Equipment Check-out Center**

Pick up a listing of all the gear and items available for rent from Parks and Recreation. Daily, weekend, and weekly fee schedule is available. Reservations are taken for some items 30-60 days out. 772-5169.

Rentals - All Winter Long
Downhill Ski Package
Adult and Child ......\$7.95 per day

Cross Country Ski Package Adult and Child .....\$5.95 per day

#### Cruise Line Vacations

Come in and check out the cruise line vacations that are available at discounted rates. 772-8222.

We now have Australia Vacation packages

## **Discount Tickets for Out of State** Vacations

Check out our list of discounted tickets and hotel accommodations available around the United States. Order or reserve through us and save \$\$\$. Hotel accommodations are done when you stop in...tickets are ordered and have at least a 14 day turnaround time, so plan ahead and save money!

#### Discount Tickets

#### **Disney World Orlando Tickets**

Limited Quantity
4 Day Child Park Hopper
No Expiration ...\$155.
5 Day Child Park Hopper ....
No Expiration ...\$175.
5 Day Child Park Hopper Plus ....
No Expiration ...\$202.

#### **National Baseball Hall of Fame**

#### Cinema (Salmon Run Mall)

..Restricted \$6.75, Unrestricted \$7.25 **Rosamond Gifford Zoo, Syracuse** ......Adult \$4 / Child \$2

#### Discount Ski Lift Passes

#### Titus ·

Adult Weekend/Holiday \$22 Adult Weekday/Nonholiday \$17 Junior (13-17) Weekend Holiday \$19 Child(6-12) Weekend/Holiday \$16 Junior/Child Weekday/Nonholiday \$12 **Dry Hill** 

#### Full Day (Sat & Sun) 10am-5pm \$16 Half Day (Sat & Sun) 1-5 pm \$12

Evening (7-10 pm) \$8 Evening (5-10 pm) \$11

#### **Song Mountain**

Adults - Good Any Day \$19 Youth (16 & under) Good Any Day \$16 Season Pass -avail. from Snow Ridge

#### Snow Ridge Ski Area

Adults - Good Any Day \$19 Youth (16 & under) Good Any Day \$16 Season Pass - Adults \$205 Season Pass - Youth \$155

#### Whiteface Mountain

Adults - Good Any Day \$37 Teen - Good Any Day \$30 Junior - Good Any Day \$23 Season Pass - \$305

#### **Gore Mountain**

Adult - Good Any Day \$41 Youth (12 & under) \$27

#### **McCauley Mountain**

Adult Weekend/Holiday \$19 Adult Weekday/Non holiday \$14 Junior/Senior Weekend/Holiday \$17 Junior/Senior Weekday/Non holiday\$12

#### **Greek Peak**

Everyone \$42

#### Toggenburg

Available at the mountain only Military & dependents w/ID \$10 skis \$15 snowboard

#### **Labrador Mountain**

Available at the mountain only \$15 OFF w/ military ID (any day)

#### Maps Available

USGS, FSH maps and military travel book maps are available for purchase. Get maps for hiking, hunting, fishing and driving. Fishing maps include Black Lake, Ontario (Stony Point/St. Lawrence), St. Lawrence Central and East. Hiking/topographic maps cover local areas, as well as points in the Adirondack region. Military Travel Guide contains driving maps. If we do not carry it, we may be able to order it for you. We also can map driving direc-

tions for you on our computer - all we need is a start and end point, and we can have the map for you the same day. Stop in or give us a call to see if we have the maps you need.

#### **Trips**

For itineraries or information on all trips call 772-5169.

#### **Sledding at Remington Park**

Bring your sleds to the RemPark hill by Hillside Lodge for an afternoon of sledding fun.

Jan 21 ......12 - 3 pm

#### Cross Country Ski Lunch

Every Tuesday in Jan 3 - Mar 14 at Parks and Recreation. Ski up to 3 miles on our trails, and then enjoy a hot lunch. Cost \$7 per person. Register and pay at least one day prior to program date.

#### Ski FREE Day

Present your military ID and receive a free lift pass. Rentals from Parks and Recreation at a discount for this program.

Jan 6Dry Hill 12 - 5 pmJan 8WhitefaceJan 14Titus (times vary)Jan 22Toggenburg

#### **Bus Trips to Ski Mountains**

#### **Cross Country Ski Outing**

Thompson Park Ski Trails. Depart & return to P&R. Cost \$7 per person, includes rentals.

 Jan 12
 .9:30 am - 2:30 pm

 Register by
 .Jan 10

 Jan 26
 .12 - 3 pm

 Register by
 .Jan 24







#### **BOSS Executive Council**

President ......SGT Kevin Smith MWR Advisor ......Bill Bellis Sr. Military Advisor . . . CSM Elsbury

#### **BOSS Meeting**

Units are requested to send their BOSS Representatives and newest single soldiers to the BOSS Building for the mandatory meeting. POC: SGT Smith 772-7807

#### **Super Bowl Party**

Game will play on all three big screen TV's. Food, drinks, and munchies will be served.

#### **Pool Tournaments**

Bring your stick, bring your game, and see what you can do against Fort Drums top players.

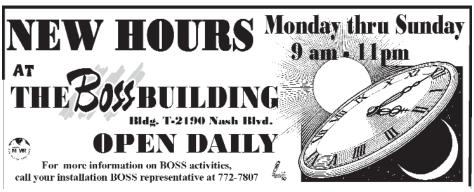
Fridays ..................................6 pm

#### **Habitat for Humanity**

Join us working with Habitat for Humanity! No experience required! For information call BOSS building @ 772-

#### We have a kitchen!

Come use it! Just bring your own food, and we provide everything else!





at the Fort Drum Auto Craft Center Bldg P-11120

> For an appointment call 772-5785

## **McEwen Library** P-4300 Camp Hale Rd 772-5929

. Check the belts, hoses & tires

#### **Contact Information**

e-mail- wendy.newell@drum.army.mil e-mail - wendy.newell@drum.army.mil

#### **Kindermusik Story Time**

Story Time with Candy Zarcone. Join us for an interactive hour of stories and music for young children.

#### Children's Story Time

Persons interested in volunteering to read for this popular program call 772-6005.

Tuesday & Friday . . . . . 10 - 10:45 am

#### **DIAL-A-STORY 774-1234**

Available 24 hours a day. Hear a different story every week. For children of all

#### **Deployment/Training Book Kits**

Boxed paperback books are available for units training at Fort Drum or preparing for deployment exceeding 10 days. Visit the Library or call 772-5929 for

### Fax and Copy Service Available

Faxes are a \$1 per page and photocopies are .10 per page.

www.militaryonesource.com



Located on Po Valley Rd. Bldg.. P-4205

## Fort Drum Inn

**Temporary Lodging** for Fort Drum Soldiers and their families.

Complementary Continental Breakfast included with your stay.

For Reservations Call

773-7777

## **Veterinary Services**

Bldg. P-10735 772-4262

#### Adopt-A-Pet Program

All stray animals found on post are brought to Vet Services. Unidentified animals are held for 3 days, then are offered for adoption. Visit Bldg. P-10735 between Key Bank and Class VI. 772-4262.

#### Microchipping

All pets on Fort Drum must be microchipped. Vet Services can provide this service for \$15 plus a \$2 user fee. Appts: 772-4262.

## **Auto Crafts** Bldg. P-11120 772-5785

#### **Equipment / Service Available**

The MWR Auto Craft Center offers self help regular bays, vehicle lifts, paint booth, body bays, welding, machine shop, wheel balancing, an engine overhaul bay, a RV lift, lubrication bays, tire changes and balancing, computer diagnosis, electrical system testing, towing service, lock-out service, starting service, and special tools. The Automotive Safety & Orientation Class is required to use the self-help areas. One of the Welding Safety Classes is required to use welding equip-

#### **Automotive Parts Store**

Our well-stocked parts store offers a variety of frequently needed parts including oil, oil filter, fan belts, bulbs, and more

#### Car Washes

The Memorial Dr. facility is located on the corner of S. Riva Ridge Loop and S. Memorial Drive. The First St. facility is located at the corner of E. First Ave. and St. Lawrence Ave.

#### S. Memorial Dr

Sat - Sun . . . . . . . . . . . . . 8 am - 4 pm Mon - Fri. . . . . . . . . . . . . 8 am - 7 pm Sat - Sun . . . . . . . . . 8 am - 3:30 pm **Propane Service** 

Get ready for grilling season by getting your propane tanks refilled at Auto Craft. We reserve the right to refuse service to any tank which does not comply with safety standards.

Mondays - Friday . . . . 8 am - 7:30 pm Saturday - Sunday . . . . 8 am - 3:30 pm

#### **Automotive Safety Orientation Class**

This FREE class is required to use the Auto Craft Center and is offered:

Monday - Friday . . . . . . . . . 6 pm Saturday & Sunday ......10 am **Welding Safety Class** 

One of these safety and "how-to" class is required to use welding equipment. Classes are offered for Arc, Mig and Gas Welding. Each class is \$10.

Jan 12, Arc & Mig . . . . . . . . . . 7 pm Jan 26, Gas . . . . . . . . . . . . . . . . . 7 pm

#### **MWR Auto Repair Center**

This vehicle repair program is open to all military ID card holders needing automotive repair and service work done by professional mechanics. Appointments are required.

Monday - Friday ...... 7 am - 4 pm

#### Oil & Filter Change

Monday - Friday . . . . . . . . . \$ 20

#### **Motor Vehicle Inspections**

New York State motor vehicle inspections performed by appointment for cars, light trucks, trailers and motorcycles.

Monday - Friday ...... 8 am - 3 pm

#### Wrecker Service

On and off-post towing to/from family housing and as available. Off-post towing cost is determined by distance. Available:

Monday - Friday ...... 7 am - 7 pm Saturday & Sunday . . . 7 am - 2:30 pm On-post towing ......\$30 Jump-starts & lockouts ......\$20

#### On Post Jump Starts & Lockouts Services

#### **Winterization Special**

Let us get your car ready for winter! We will check your battery and charging system, clean your battery terminals, lubricate door locks and seals, flush and fill coolant for at least 40 degrees below zero, and check the belts, hoses and tires. Cost is \$48.95 for regular anti-freeze, and \$69.95 for Dex-cool anti-freeze. By Appointment. Offer good through December 31st.

## Windshield repair available at Fort Drum Auto Crafts



MON through Fri 7:30 am - 12:30 pm

Insurance repairs Welcome. Without Insurance? We guarantee the best price.

service is provided by

# MWR at a Glance

MWR Administration
Bldg
Phone
Monday - Friday 7:30 am - 4 pm
Army Career & Alumni
Program (ACAP)
Bldg
Phone
Monday - Friday 7:30 am - 4 pm
Army Substance Abuse
Program (ASAP)
Bldg
Phone
Monday - Friday 7:30 am - 4 pm
American Red Cross
Bldg
Phone
Monday - Friday 8 am - 4 pm
Army Community Service
Division
ACS
Bldg
Monday - Friday7:30 am - 5 pm
Phone - Daily772-6557
Family Readiness Ctr.
Phone - Daily
(800) 826-0886
Monday - Friday7:30 am - 7 pm
Sat, Sun & Holidays9 am - 7 pm
AVCC (IVC)
Community Life772-0664
Clark Hall
Bldg P -10720
Employment Readiness772-9611
Relocation Readiness 772-6902
New Parent Support772-0748
Monday - Friday 8 am - 4 pm
Army Emergency Relief
Phone - Daily
Sat, Sun & Holidays877-272-7337
Monday - Friday 7:30 am - 5 pm
Clark Hall, 2nd Floor
Child & Youth Services Division
Bldg
Phone
School Liaison Officer772-3214
Monday - Friday8 am - 4:30 pm
CYS Central Registration
Phone
Monday - Tuesday8 am - 5:30 pm
Thursday - Friday8 am - 5:30 pm
Memorial Drive Hourly Care
Bldg
Phone
Monday - Friday 6:30 am - 5:30 pm

Chapel Drive Child De	evelopment
Bldg	P-10785C
Phone	
Monday - Friday	
Family Child Care Off	ice
Phone	
Monday - Friday 8	
School-Age Services	y um 11.50 pm
Bldg	P-10745
Phone	
Monday - Friday	
<b>Youth Services</b>	
Bldg	P-10790
Phone	772-6719
High School (gr 9 - 12)	
Monday - Thursday	
Friday	
Saturday	•
Middle School (gr 6 - 8	
Monday - Friday	
Saturday	
8th graders observe H	5 nours
Elementary (gr 1 - 5) Saturday	noon 1 nm
*Hours are subject to	
The Commons at Dille	•
Corners	chibeek s
	D 4250
Bldg	
Phone	/ /2-6222
Banquet Services &	l
Remington Park Lod Reservations - 772-81	
Monday - Friday Buster s Brew Pub	8 am - 3 pm
Phone	772 1000
Food Service	//2-1900
Sunday & Monday	Closed
Tuesday - Friday	
Tuesday - Saturday	_
The Winner's Circle	5 7 pm
Phone	772-7673
Mon - Fri (Lunch) .11	
Monday	_
Tuesday	
Wednesday	_
Thursday	
Friday	
Saturday	
Sundays	
<b>Community Recreati</b>	
Bldg	
Phone	
Monday - Friday	
Arts & Crafts Cente	
Bldg	
Phone	
Wed -Thurs N	0011 - /:3U pm

Friday - Sunday .....10 am - 5 pm

Resale Store/Craft Cabin
Phone
Friday - Sunday10 am - 5 pm
WaySeeker Studio
Phone
Monday - Friday 9 am - 5 pm <b>Auto Craft Center</b>
Bldg
Phone
Monday - Friday 12:30 - 9:30 pm
Saturday 8 am - 4:30 pm
Sunday 8 am - 3:30 pm
MWR Service Center
Monday - Friday 7 am - 4 pm
Car Washes
First St (P-1185)
Mon - Fri 8 am - 7 pm
Sat - Sun 8 am - 3:30 pm
Memorial Dr (P-10700)
Mon - Fri 8 am - 8 pm
Sat - Sun 8 am - 4 pm
Hours are subject to change due to
freezing weather conditions.
Better Opportunities for
Single Soldiers (BOSS)
Bldg
Front desk
Everday
<b>Magrath Sports Complex</b>
Bldg
Front desk and Racquetball
reservations
reservations
Conditioning Center772-4584
Manager
Monday - Friday5:30 am - 10 pm
Saturday 9 am - 10 pm
Sundays
Holidays Noon - 8 pm
Magrath Pool
Phone (reservations)772-9673
PT Lap Swim
Monday - Friday 7 - 9am
Open Swim
Mon - Fri 3 - 9:30 pm
Sat - Sun9am - 8 pm
Parks and Recreation
Travel Information (Bldg. P-11115)
Phone
Equipment Check-out Desk
Phone
Monday - Friday10 am - 5:30 pm
Saturday & Holiday8 am - 3:30 pm
Pine Plains Physical Fitness
Center - CLOSED Dec 15
Pine Plains Satellite Gym
OPEN Dec 15
Arts & Crafts Bldg P-4325

Monday - Saturday  $\dots$  9 am - 5 pm Reminder: Arts & Crafts classes and

studios Open Weds. - Sun. Only

Robert C. McEwen Library
Bldg
Phone
Monday - Thursday 10 am - 9 pm
Friday - Sunday 10 am - 6 pm
Federal HolidaysClosed
<b>Sports Program Office</b>
Bldg
Phone
Monday - Tuesday8:30 am - 5:30 pm
Wednesday7 am - 4:30 pm
Thursday - Friday 8:30 am - 5:30 pm
Lodging
The INN, Bldg
Phone
Reservations Phone .772-9726/5435
Lodging Admin Office772-9683
<b>Marketing Division</b>
Bldg
Administration
Production Clerk772-9689
Special Events
Publicity (Preview)772-2154
Lead Graphics
Graphics Clerk
Monday - Friday 8 am - 4:30 pm
<b>Pine Plains Bowling Center</b>
Bldg
Phone
<b>Bowling Lanes</b>
Monday
Tuesday11 am - 10 pm
Wed
Thursday
Friday
Saturday 2 pm - Midnight
Sunday noon - 10 pm  L1 Skeeters
Closes 1 hour prior to Bowling Center
Bar Service
Tuesday - Friday 4 pm - close
Saturday & Sunday3 pm - close
Financial Management Div
Bldg
Phone - Admin
Unit Funds & Quarters Cleaning Contracts
RecTrac Cards
Monday - Friday7:30 am - 4 pm
Services Division
Bldg
Phone
Monday - Friday7:30 am - 4 pm
<b>Veterinary Services</b>
Bldg
Phone
Monday - Friday 8 am - 4 pm
For comments and suggestions, please
submit to ICE at http://ice.disa.mil

